

DINNERLY



Okonomiyaki-Style Veggie Omelette with Sushi Rice and Tonkatsu Sauce



25 minutes



2 Servings

Inspired by the popular Japanese street food, this savoury pancake is packed with cabbage, spring onions and grated cheese. Drizzle with tangy tonkatsu sauce and serve with rice and pickles for a kid-friendly midweek winner.

WHAT WE SEND

- 150g Japanese rice
- 1 Lebanese cucumber
- 2 spring onions
- 200g savoy cabbage
- 50g cheddar ⁷
- 10g toasted sesame seeds ¹¹
- 60ml tonkatsu sauce ⁶

WHAT YOU NEED

- 2 tsp white vinegar
- 2 eggs ³
- 1 tsp soy sauce ⁶
- 1 tbs vegetable oil
- 1½ tbs mayonnaise ³

TOOLS

- small saucepan with lid
- mandoline (optional)
- box grater
- medium deep ovenproof frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 720kcal, Fat 36.7g, Carbs 70.1g, Proteins 22.9g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep ingredients

Meanwhile, thinly slice the **cucumber**. Thinly slice the **spring onions** on an angle. Thinly slice the **cabbage** with a sharp knife or mandoline. Coarsely grate the **cheese**. Combine **2 tsp white vinegar** and a **pinch of salt** in a bowl. Add the cucumber and **half the sesame seeds** and toss to coat. Set aside to pickle, tossing occasionally, until needed.



3. Soften cabbage

Preheat the grill to high. Put **2 eggs, 1 tbs tonkatsu sauce, 1 tsp soy sauce** and **2 tsp water** in a bowl and whisk to combine. Heat **1 tbs vegetable oil** in a medium deep ovenproof frypan over medium-high heat. Cook the **cabbage**, stirring occasionally, for 3 mins or until softened. Remove the pan from the heat.



4. Grill omelette

Pour the **egg mixture** over the cabbage. Scatter over the **cheese** and **half the spring onion**. Grill for 2-3 mins until the cheese is melted and the egg is set. Transfer to a board and cut into 3cm squares. Drain the **cucumber**, discarding the pickling liquid.



5. Serve up

Divide the **rice, omelette** and **pickled cucumber** among plates (see Make it yours). Drizzle with the **mayonnaise** and **remaining tonkatsu sauce**. Scatter over the **sesame seeds** and **remaining spring onion** and enjoy!



6. Make it yours

Like all good okonomiyaki, this meal is designed to share. If you like, put the omelette, rice and pickles in the centre of the table for everyone to help themselves.